



What is going to get me closer to the Olympics?

Explore--

- Visit Olympic Venues— observe training, try some courses— Utah Olympic Oval, Park City, Rock Climbing, skate parks etc).
- Research with Alvin how athletes train their mind/body— develop a training plan complete with workouts, nutrition, etc.
- Talk about taking breaks when needed
- Watch Olympic competitions (YouTube, Olympic trials, attend live events).
- Explore volunteer and work opportunities at sites, local media coverage.
- Plan a future trip to other states where people train (Colorado Springs?)
- Track progress with accomplishments in training and preparation
- Use Special Olympics, Utah Summer Games as a start
- Connect with local athletes, find a mentor— start here? <https://utahsportscommission.com/utahs-olympic-legacy/>

Goal: Alvin wants to go to the Olympics

What is going to prevent me from the Olympics

- People not supporting my dream
- Stop training and preparing
- “Not taking a rest day if I need it”
- Not enough money to travel or time to attend events

Vision for What I Want

I want to be part of the Olympics because:

- “It is sports, during the day and it is outside”
- Happens in summer or winter
- “I really like swimming, moguls, indoor cycling”
- “Athletes are happy when they win”
- “Getting to know the athletes is fun”
- “I want to compete”

What I Don't Want

- Get bored
- To only train in groups with my day service or home
- “Have to wait”
- Injured